



TSSL 2020  
Race 4 XL COURSE (21km)  
Paul Cluver Estate

Overall

| P/lon | Time     | Race # | Name        | Surname            | Category     | Sex    | Age |
|-------|----------|--------|-------------|--------------------|--------------|--------|-----|
| 1     | 01:32:57 | 8014   | Jonathan    | Black              | Open         | Male   | 25  |
| 2     | 01:47:53 | 8466   | Bronwyn     | Kennedy            | Open         | Female | 34  |
| 3     | 01:48:33 | 8442   | Nicholas    | Rupanga            | Veteran      | Male   | 45  |
| 4     | 01:48:39 | 8273   | Jack        | MacDiarmid         | Open         | Male   | 35  |
| 5     | 01:49:28 | 8043   | Leanda      | Du Bruyn           | Open         | Female | 25  |
| 6     | 01:53:28 | 8464   | Jamie       | Holtzhausen        | Open         | Male   | 37  |
| 7     | 01:55:34 | 8257   | Jeremy      | Kropman            | Grand Master | Male   | 62  |
| 8     | 01:58:44 | 8424   | Zayin       | Krige              | Veteran      | Male   | 41  |
| 9     | 01:59:36 | 8408   | Greg        | Calothi            | Open         | Male   | 32  |
| 10    | 02:02:01 | 8214   | James       | Day                | Open         | Male   | 34  |
| 11    | 02:03:35 | 8041   | Emily       | Djock              | Open         | Female | 31  |
| 12    | 02:04:48 | 8010   | James       | Bellairs           | Open         | Male   | 26  |
| 13    | 02:08:08 | 8426   | JC          | Landman            | Open         | Male   | 26  |
| 14    | 02:08:23 | 8110   | James       | Oosterbaan         | Open         | Male   | 26  |
| 15    | 02:10:32 | 8456   | Andrea      | Weidemann          | Open         | Female | 31  |
| 16    | 02:10:41 | 8102   | Michael     | Moosbrugger        | Open         | Male   | 38  |
| 17    | 02:10:41 | 8419   | Wehmeyer    | Ferreira           | Open         | Male   | 35  |
| 18    | 02:11:13 | 8434   | Keeland     | Naicker            | Open         | Male   | 38  |
| 19    | 02:14:44 | 8444   | Tyrone      | Scamaton           | Open         | Male   | 34  |
| 20    | 02:15:49 | 8465   | Samantha    | Holtzhausen        | Open         | Female | 31  |
| 21    | 02:16:57 | 8072   | Jan Hendrik | Hofmeyr            | Open         | Male   | 38  |
| 22    | 02:19:00 | 8453   | Bjorn       | Vye                | Master       | Male   | 53  |
| 23    | 02:20:04 | 8455   | Lindsay     | Vye                | Veteran      | Female | 41  |
| 24    | 02:21:20 | 8418   | Mario       | Ferreira           | Open         | Male   | 29  |
| 25    | 02:23:05 | 8462   | Nicholas    | Von Kiemper        | Open         | Male   | 28  |
| 26    | 02:23:28 | 8422   | Christine   | Klinck             | Veteran      | Female | 49  |
| 27    | 02:23:32 | 8414   | Bernice     | De Wet             | Open         | Female | 39  |
| 28    | 02:26:07 | 8437   | Gysbert     | Pienaar            | Veteran      | Male   | 46  |
| 29    | 02:26:26 | 8432   | Chris       | Mitchell           | Open         | Male   | 37  |
| 30    | 02:27:07 | 8117   | Melany      | Porter             | Veteran      | Female | 44  |
| 31    | 02:27:36 | 8425   | Michael     | Lalor              | Master       | Male   | 50  |
| 32    | 02:29:23 | 8452   | Pierre      | Van Heerden        | Open         | Male   | 33  |
| 33    | 02:30:16 | 8445   | Robert      | Skjodt             | Master       | Male   | 52  |
| 34    | 02:31:22 | 8416   | Zandra      | Engman             | Open         | Female | 32  |
| 35    | 02:31:58 | 8359   | Isak        | Bosman             | Open         | Male   | 31  |
| 36    | 02:32:25 | 8441   | Beyers      | Rossouw            | Master       | Male   | 50  |
| 37    | 02:32:29 | 8449   | Lindsay     | van Aswegen        | Master       | Female | 52  |
| 38    | 02:33:14 | 8451   | Jacques     | Van Deventer       | Open         | Male   | 37  |
| 39    | 02:33:36 | 8175   | Lerina      | van Zyl            | Veteran      | Female | 41  |
| 40    | 02:42:29 | 8411   | Diego       | de Andrade         | Open         | Male   | 26  |
| 41    | 02:43:23 | 8403   | Olivia      | Bell               | Veteran      | Female | 43  |
| 42    | 02:47:13 | 8454   | Juliet      | Vye                | Open         | Female | 20  |
| 43    | 02:47:16 | 8402   | Lizé        | Baxter             | Veteran      | Female | 43  |
| 44    | 02:48:33 | 8401   | Kenneth     | Anthony            | Open         | Male   | 38  |
| 45    | 02:48:37 | 8412   | Dolan       | de Jager           | Master       | Male   | 50  |
| 46    | 02:50:42 | 8470   | Kerry       | Red                | Veteran      | Female | 42  |
| 47    | 02:51:43 | 8171   | Telogo      | Ntlogo             | Open         | Male   | 35  |
| 48    | 02:51:46 | 8438   | Cocoka      | Gomyana            | Open         | Female | 38  |
| 49    | 02:51:50 | 8008   | Siya        | Bashe              | Veteran      | Female | 45  |
| 50    | 02:53:01 | 8271   | Jaqueline   | Loydell            | Master       | Female | 58  |
| 51    | 02:53:06 | 8207   | Beatrix     | Broek              | Master       | Female | 53  |
| 52    | 02:53:28 | 8404   | Jessie      | Berndt             | Open         | Female | 30  |
| 53    | 02:53:33 | 8458   | Werner      | Wildenboer         | Open         | Male   | 24  |
| 54    | 02:53:42 | 8421   | Koen        | Hulsebaut          | Veteran      | Male   | 43  |
| 55    | 02:53:59 | 8448   | Donlo       | Teixeira           | Open         | Male   | 26  |
| 56    | 02:54:56 | 8460   | Iliana      | Wooke              | Veteran      | Female | 47  |
| 57    | 02:55:01 | 3087   | Kobie       | Buys               | Veteran      | Female | 48  |
| 58    | 02:55:02 | 8166   | Timothy     | Young              | Open         | Male   | 38  |
| 59    | 02:55:05 | 3090   | Janette     | Grabe              | Veteran      | Female | 45  |
| 60    | 03:00:38 | 8436   | Gary        | Phipson            | Master       | Male   | 54  |
| 61    | 03:03:06 | 8417   | Klaas-Meine | Fernhout           | Open         | Male   | 36  |
| 62    | 03:09:29 | 8430   | Otto        | Marte              | Veteran      | Male   | 45  |
| 63    | 03:12:40 | 8181   | Theart      | Fernhout           | Open         | Female | 34  |
| 64    | 03:17:30 | 8433   | Hugo        | Myburgh            | Open         | Male   | 31  |
| 65    | 03:18:38 | 8199   | Linda       | Balme              | Veteran      | Female | 42  |
| 66    | 03:18:38 | 8446   | Philippa    | Skowno             | Veteran      | Female | 42  |
| 67    | 03:24:04 | 8423   | Ruth        | Kohlberg           | Master       | Female | 56  |
| 68    | 03:24:15 | 8463   | Ntohemba    | Mfalozi            | Open         | Female | 39  |
| 69    | 03:25:06 | 8450   | Ursula      | van der Westhuizen | Master       | Female | 54  |
| 70    | 03:34:00 | 8049   | Brent       | Falkenberg         | Open         | Male   | 29  |
| 71    | 03:34:03 | 8413   | Alex        | De Villiers        | Open         | Male   | 30  |
| 72    | 03:34:07 | 8071   | Timothy     | Higgins            | Open         | Male   | 29  |
| 73    | 03:50:51 | 8406   | Terri-lee   | Boucher            | Open         | Female | 30  |
| 74    | 04:02:37 | 8246   | Adele       | Immelman           | Veteran      | Female | 40  |
| 75    | 04:02:42 | 8265   | Manfred     | Laumann            | Grand Master | Male   | 60  |

**Open Male**

| Position | Time     | Race # | Name        | Surname      | Category | Sex  | Age |
|----------|----------|--------|-------------|--------------|----------|------|-----|
| 1        | 01:32:57 | 8014   | Jonathan    | Black        | Open     | Male | 25  |
| 2        | 01:48:39 | 8273   | Jack        | MacDiarmid   | Open     | Male | 35  |
| 3        | 01:53:28 | 8464   | Jannie      | Holtzhausen  | Open     | Male | 37  |
| 4        | 01:59:36 | 8408   | Greg        | Calothi      | Open     | Male | 32  |
| 5        | 02:02:01 | 8214   | James       | Dry          | Open     | Male | 34  |
| 6        | 02:04:48 | 8010   | James       | Bellairs     | Open     | Male | 26  |
| 7        | 02:08:08 | 8426   | JC          | Landman      | Open     | Male | 26  |
| 8        | 02:08:23 | 8110   | James       | Oosterbaan   | Open     | Male | 26  |
| 9        | 02:10:41 | 8102   | Michael     | Moosbrugger  | Open     | Male | 38  |
| 10       | 02:10:41 | 8419   | Wehmeyer    | Ferreira     | Open     | Male | 35  |
| 11       | 02:11:13 | 8434   | Keeland     | Naicker      | Open     | Male | 38  |
| 12       | 02:14:44 | 8444   | Tyrone      | Scamaton     | Open     | Male | 34  |
| 13       | 02:18:57 | 8072   | Jan Hendrik | Holmesyt     | Open     | Male | 38  |
| 14       | 02:21:20 | 8418   | Mario       | Ferreira     | Open     | Male | 29  |
| 15       | 02:23:05 | 8462   | Nicholas    | Von Klemper  | Open     | Male | 28  |
| 16       | 02:26:26 | 8432   | Chris       | Mitchell     | Open     | Male | 37  |
| 17       | 02:29:23 | 8452   | Pierre      | Van Heerden  | Open     | Male | 33  |
| 18       | 02:31:58 | 8359   | Isak        | Bosman       | Open     | Male | 31  |
| 19       | 02:33:14 | 8451   | Jacques     | Van Deventer | Open     | Male | 37  |
| 20       | 02:42:29 | 8411   | Diego       | de Andrade   | Open     | Male | 26  |
| 21       | 02:48:33 | 8401   | Kenneth     | Anthony      | Open     | Male | 38  |
| 22       | 02:51:43 | 8171   | Tebogo      | Ntlogo       | Open     | Male | 35  |
| 23       | 02:53:33 | 8458   | Werner      | Wilderboer   | Open     | Male | 24  |
| 24       | 02:53:59 | 8448   | Donio       | Teixeira     | Open     | Male | 26  |
| 25       | 02:55:02 | 8166   | Timothy     | Young        | Open     | Male | 38  |
| 26       | 03:03:06 | 8417   | Klaas-Meine | Fernhout     | Open     | Male | 36  |
| 27       | 03:17:30 | 8433   | Hugo        | Myburgh      | Open     | Male | 31  |
| 28       | 03:34:00 | 8049   | Brent       | Falkenberg   | Open     | Male | 29  |
| 29       | 03:34:03 | 8413   | Alex        | De Villiers  | Open     | Male | 30  |
| 30       | 03:34:07 | 8071   | Timothy     | Higgins      | Open     | Male | 29  |

**Open Female**

| Position | Time     | Race # | Name      | Surname     | Category | Sex    | Age |
|----------|----------|--------|-----------|-------------|----------|--------|-----|
| 1        | 01:47:53 | 8466   | Bronwyn   | Kennedy     | Open     | Female | 34  |
| 2        | 01:49:26 | 8043   | Leanda    | Du Bruyn    | Open     | Female | 25  |
| 3        | 02:03:35 | 8041   | Emily     | Djock       | Open     | Female | 31  |
| 4        | 02:10:32 | 8456   | Andrea    | Weidemann   | Open     | Female | 31  |
| 5        | 02:15:49 | 8465   | Samantha  | Holtzhausen | Open     | Female | 31  |
| 6        | 02:23:32 | 8414   | Bernice   | De Wet      | Open     | Female | 39  |
| 7        | 02:31:22 | 8416   | Zandra    | Engman      | Open     | Female | 32  |
| 8        | 02:47:13 | 8454   | Juliet    | Vuye        | Open     | Female | 20  |
| 9        | 02:51:46 | 8438   | Cocoka    | Qomiyana    | Open     | Female | 38  |
| 10       | 02:53:28 | 8404   | Jessie    | Berndt      | Open     | Female | 30  |
| 11       | 03:12:40 | 8181   | Theari    | Fernhout    | Open     | Female | 34  |
| 12       | 03:24:15 | 8463   | Nothemba  | Mfolozi     | Open     | Female | 39  |
| 13       | 03:50:51 | 8406   | Terri-lee | Boucher     | Open     | Female | 30  |

**Veteran Male**

| Position | Time     | Race # | Name     | Surname   | Category | Sex  | Age |
|----------|----------|--------|----------|-----------|----------|------|-----|
| 1        | 01:48:33 | 8442   | Nicholas | Rupanga   | Veteran  | Male | 45  |
| 2        | 01:58:44 | 8424   | Zayin    | Krige     | Veteran  | Male | 41  |
| 3        | 02:26:07 | 8437   | Gysbert  | Pienaar   | Veteran  | Male | 46  |
| 4        | 02:53:42 | 8421   | Koen     | Hutsebaut | Veteran  | Male | 41  |
| 5        | 03:09:29 | 8430   | Otto     | Marle     | Veteran  | Male | 45  |

**Veteran Female**

| Position | Time     | Race # | Name      | Surname  | Category | Sex    | Age |
|----------|----------|--------|-----------|----------|----------|--------|-----|
| 1        | 02:20:04 | 8455   | Lindsay   | Vye      | Veteran  | Female | 41  |
| 2        | 02:23:28 | 8422   | Christine | Klinck   | Veteran  | Female | 49  |
| 3        | 02:27:07 | 8117   | Melany    | Porter   | Veteran  | Female | 44  |
| 4        | 02:33:36 | 8175   | Lerina    | van Zyl  | Veteran  | Female | 41  |
| 5        | 02:43:23 | 8403   | Olivia    | Bell     | Veteran  | Female | 43  |
| 6        | 02:47:16 | 8402   | Lize      | Baxter   | Veteran  | Female | 43  |
| 7        | 02:50:42 | 8470   | Kerry     | Red      | Veteran  | Female | 42  |
| 8        | 02:51:50 | 8008   | Siya      | Bashe    | Veteran  | Female | 45  |
| 9        | 02:54:56 | 8460   | Iiana     | Woeke    | Veteran  | Female | 47  |
| 10       | 02:55:01 | 3087   | Kobie     | Buys     | Veteran  | Female | 48  |
| 11       | 02:55:05 | 3090   | Janette   | Grabe    | Veteran  | Female | 45  |
| 12       | 03:18:38 | 8199   | Linda     | Balme    | Veteran  | Female | 42  |
| 13       | 03:18:38 | 8446   | Philippa  | Skowno   | Veteran  | Female | 42  |
| 14       | 04:02:37 | 8246   | Adele     | Immelman | Veteran  | Female | 40  |

**Master Male**

| Position | Time     | Race # | Name    | Surname  | Category     | Sex  | Age |
|----------|----------|--------|---------|----------|--------------|------|-----|
| 1        | 02:19:00 | 8453   | Bjorn   | Vye      | Master       | Male | 53  |
| 2        | 02:27:36 | 8425   | Michael | Lalor    | Master       | Male | 50  |
| 3        | 02:30:16 | 8445   | Robert  | Skjodt   | Master       | Male | 52  |
| 4        | 02:32:25 | 8441   | Beyers  | Rossouw  | Master       | Male | 50  |
| 5        | 02:48:37 | 8412   | Dolan   | de Jager | Master       | Male | 50  |
| 6        | 03:00:38 | 8436   | Gary    | Phipson  | Master       | Male | 54  |
| 7        | 04:02:42 | 8265   | Manfred | Laumann  | Grand Master | Male | 60  |

**Master Female**

| Position | Time     | Race # | Name      | Surname            | Category | Sex    | Age |
|----------|----------|--------|-----------|--------------------|----------|--------|-----|
| 1        | 02:32:29 | 8449   | Lindsay   | van Aswegen        | Master   | Female | 52  |
| 2        | 02:53:01 | 8271   | Jaqueline | Loydell            | Master   | Female | 58  |
| 3        | 02:53:06 | 8207   | Beatrix   | Broek              | Master   | Female | 53  |
| 4        | 03:24:04 | 8423   | Ruth      | Kohlberg           | Master   | Female | 56  |
| 5        | 03:25:06 | 8450   | Ursula    | van der Westhuizen | Master   | Female | 54  |



TSSL 2020  
Race 4 LONG COURSE (13.6km)  
Paul Cluver Estate

| Overall | Position | Time     | Race # | Name        | Surname            | Category     | Sex    | Age |
|---------|----------|----------|--------|-------------|--------------------|--------------|--------|-----|
|         | 1        | 00:53:51 | 56     | Eduan       | Burger             | Open         | Male   | 28  |
|         | 2        | 00:58:16 | 67     | Richard     | Wojan              | Open         | Male   | 28  |
|         | 3        | 01:00:05 | 3094   | Jacob       | Kirchner           | Open         | Male   | 36  |
|         | 4        | 01:05:48 | 66     | Katya       | Soggot             | Veteran      | Female | 45  |
|         | 5        | 01:05:51 | 16     | Neil        | Hermann            | Master       | Male   | 61  |
|         | 6        | 01:06:10 | 1215   | Damian-Lee  | Wallace            | Open         | Male   | 32  |
|         | 7        | 01:08:24 | 2031   | Don         | Duffield           | Master       | Male   | 52  |
|         | 8        | 01:08:59 | 19     | Matthew     | McKechnie          | Open         | Male   | 22  |
|         | 9        | 01:10:44 | 1203   | Andy        | Atkins             | Master       | Male   | 53  |
|         | 10       | 01:11:05 | 2328   | Carlos      | Mateos duran       | Veteran      | Male   | 40  |
|         | 11       | 01:11:39 | 1041   | Chart       | Jooste             | Open         | Male   | 35  |
|         | 12       | 01:13:01 | 41     | Harry       | Banda              | Open         | Male   | 31  |
|         | 13       | 01:14:21 | 1209   | Christopher | Meier              | Open         | Male   | 28  |
|         | 14       | 01:14:26 | 2318   | Grant       | Jansen             | Veteran      | Male   | 49  |
|         | 15       | 01:16:39 | 1207   | Pauline     | Herrmann-Keys      | Veteran      | Female | 47  |
|         | 16       | 01:17:25 | 1157   | Johan       | van der Merwe      | Open         | Male   | 33  |
|         | 17       | 01:17:29 | 1210   | Amanda      | Moore              | Open         | Female | 39  |
|         | 18       | 01:18:15 | 1204   | Tian        | Bester             | Open         | Male   | 29  |
|         | 19       | 01:19:53 | 1078   | Brendon     | Solik              | Open         | Male   | 31  |
|         | 20       | 01:20:34 | 2307   | Riaan       | de Witt            | Open         | Male   | 34  |
|         | 21       | 01:20:54 | 2322   | Leonard     | Kruger             | Open         | Male   | 38  |
|         | 22       | 01:21:20 | 2091   | Daisy       | Myburgh            | Open         | Female | 30  |
|         | 23       | 01:21:50 | 2133   | Jeremy      | West               | Open         | Male   | 38  |
|         | 24       | 01:22:01 | 2336   | Petrus      | Stydom             | Open         | Male   | 38  |
|         | 25       | 01:22:11 | 2332   | Corne       | Potgieter          | Open         | Male   | 35  |
|         | 26       | 01:22:43 | 2090   | Tawanda     | Mushore            | Open         | Male   | 36  |
|         | 27       | 01:23:05 | 40     | Trish       | Lane               | Master       | Female | 56  |
|         | 28       | 01:23:40 | 2100   | Elmarie     | Randewijk          | Open         | Female | 36  |
|         | 29       | 01:23:58 | 2254   | Desmond     | Labuschagne        | Grand Master | Male   | 63  |
|         | 30       | 01:24:52 | 2321   | Syndi       | Kahn               | Veteran      | Female | 46  |
|         | 31       | 01:25:05 | 2317   | Penny       | Ingram             | Master       | Female | 65  |
|         | 32       | 01:25:40 | 2338   | Ben         | Theron             | Veteran      | Male   | 43  |
|         | 33       | 01:25:55 | 2314   | Warren      | Granat-Mulder      | Open         | Male   | 33  |
|         | 34       | 01:26:34 | 2325   | Christna    | Le Roux            | Open         | Female | 37  |
|         | 35       | 01:27:38 | 2304   | Errol       | Cunama             | Grand Master | Male   | 65  |
|         | 36       | 01:27:40 | 2327   | Candace     | Marshall-Smith     | Veteran      | Female | 43  |
|         | 37       | 01:27:44 | 2095   | Diek        | Oilemans           | Grand Master | Male   | 61  |
|         | 38       | 01:28:05 | 3095   | Andre-Ross  | Louw               | Open         | Male   | 35  |
|         | 39       | 01:29:09 | 1159   | Litlize     | Van Zyl            | Open         | Female | 31  |
|         | 40       | 01:29:15 | 1096   | Tw          | van Zyl            | Open         | Male   | 35  |
|         | 41       | 01:29:36 | 2334   | Casper      | Schmidt            | Open         | Male   | 35  |
|         | 42       | 01:30:41 | 2285   | Lisa        | Labuschagne        | Open         | Female | 37  |
|         | 43       | 01:32:05 | 2324   | Alexandra   | Laros              | Open         | Female | 26  |
|         | 44       | 01:32:07 | 2335   | Murray      | Strickland         | Open         | Male   | 27  |
|         | 45       | 01:32:18 | 2122   | Sam         | Troot              | Grand Master | Male   | 63  |
|         | 46       | 01:33:18 | 2315   | Vernon      | Hendricks          | Veteran      | Male   | 40  |
|         | 47       | 01:33:22 | 29     | Beverley    | Smyth              | Veteran      | Female | 47  |
|         | 48       | 01:33:41 | 3086   | Titia       | Blake              | Master       | Female | 63  |
|         | 49       | 01:33:45 | 3102   | Natasha     | Steinberg          | Open         | Female | 38  |
|         | 50       | 01:33:50 | 2340   | Renata      | Van Wyk            | Open         | Female | 38  |
|         | 51       | 01:33:52 | 1127   | Lirina      | Bredell            | Open         | Female | 39  |
|         | 52       | 01:33:56 | 8205   | Tienie      | Bredell            | Veteran      | Male   | 46  |
|         | 53       | 01:34:08 | 3108   | Wouter      | Klapwijk           | Master       | Male   | 51  |
|         | 54       | 01:35:50 | 2319   | Lietz       | Jooste             | Open         | Female | 36  |
|         | 55       | 01:37:08 | 2011   | Lauren      | Bosman             | Open         | Female | 33  |
|         | 56       | 01:39:13 | 2309   | Paul        | Diedericks         | Veteran      | Male   | 49  |
|         | 57       | 01:39:53 | 1202   | Nicky       | Andrews            | Master       | Female | 62  |
|         | 58       | 01:39:54 | 2305   | Nicola      | de Jager           | Veteran      | Female | 44  |
|         | 59       | 01:39:55 | 3045   | Conny       | Krauss             | Master       | Female | 55  |
|         | 60       | 01:39:56 | 1213   | Laertitia   | Sardjono           | Open         | Female | 39  |
|         | 61       | 01:39:57 | 2343   | Candace     | Vernmaak           | Open         | Female | 35  |
|         | 62       | 01:42:33 | 1211   | Andrew      | Partridge          | Open         | Male   | 35  |
|         | 63       | 01:45:23 | 2308   | Khaid       | Dhansay            | Veteran      | Male   | 45  |
|         | 64       | 01:46:01 | 3104   | Heather     | Wood               | Master       | Female | 50  |
|         | 65       | 01:46:04 | 2344   | Pete        | Wood               | Master       | Male   | 51  |
|         | 66       | 01:46:04 | 3083   | Nicola      | Allen              | Veteran      | Female | 46  |
|         | 67       | 01:47:32 | 2339   | Elize       | van Staden         | Veteran      | Female | 44  |
|         | 68       | 01:47:35 | 2333   | Keith       | Saunders           | Veteran      | Male   | 47  |
|         | 69       | 01:47:43 | 2274   | Amie        | Botes              | Open         | Male   | 30  |
|         | 70       | 01:47:59 | 3093   | Josh        | Kennedy            | Open         | Male   | 33  |
|         | 71       | 01:49:07 | 3097   | Naomi       | Louw               | Open         | Female | 39  |
|         | 72       | 01:50:01 | 2342   | Zonika      | Venter             | Open         | Female | 29  |
|         | 73       | 01:50:08 | 2326   | Zerika      | Maltman            | Veteran      | Female | 44  |
|         | 74       | 01:50:37 | 1212   | Tasneem     | Salie-knipe        | Veteran      | Female | 42  |
|         | 75       | 01:50:46 | 1208   | Aashiq      | Knipe              | Veteran      | Male   | 46  |
|         | 76       | 01:51:03 | 3101   | Lisa        | Schmidt            | Veteran      | Female | 43  |
|         | 77       | 01:51:21 | 3089   | Terence     | Drake              | Veteran      | Male   | 43  |
|         | 78       | 01:51:21 | 3103   | Coret       | Steyn              | Veteran      | Female | 46  |
|         | 79       | 01:51:24 | 3084   | Marc        | Betrowski          | Open         | Male   | 39  |
|         | 80       | 01:51:26 | 8468   | Kim         | Kallis             | Veteran      | Female | 43  |
|         | 81       | 01:52:25 | 3099   | Kirsten     | Peacey             | Open         | Female | 31  |
|         | 82       | 01:52:32 | 3100   | Sonja       | Peacey             | Master       | Female | 54  |
|         | 83       | 01:52:53 | 2311   | Rugaya      | Edwards            | Master       | Female | 56  |
|         | 84       | 01:52:58 | 2302   | Sulaiman    | Bassier            | Grand Master | Male   | 64  |
|         | 85       | 01:53:00 | 2310   | Tasneem     | Du Toit-Bardlen    | Veteran      | Female | 42  |
|         | 86       | 01:53:18 | 1088   | Johann      | Theron             | Grand Master | Male   | 62  |
|         | 87       | 01:54:05 | 2312   | Dion        | Engelby            | Veteran      | Male   | 48  |
|         | 88       | 01:55:03 | 3091   | Ltze        | Hofmeyr            | Open         | Female | 32  |
|         | 89       | 01:55:10 | 3096   | Jorinda     | Louw               | Open         | Female | 33  |
|         | 90       | 01:57:57 | 2341   | Charlene    | Venter             | Master       | Female | 51  |
|         | 91       | 01:57:59 | 69     | Ajay        | Venter             | Master       | Male   | 55  |
|         | 92       | 02:00:47 | 2331   | Romy        | Moll               | Open         | Female | 37  |
|         | 93       | 02:00:50 | 2330   | Drew        | Moll               | Veteran      | Male   | 40  |
|         | 94       | 02:01:37 | 3014   | Isabel      | Lubbe              | Master       | Female | 50  |
|         | 95       | 02:01:40 | 2078   | Dirk        | Lubbe              | Master       | Male   | 50  |
|         | 96       | 02:05:45 | 2329   | Adnaan      | Mohamed            | Master       | Male   | 53  |
|         | 97       | 02:07:09 | 2323   | Kim         | Lamb               | Master       | Female | 55  |
|         | 98       | 02:07:24 | 3003   | Colleen     | Cross              | Open         | Female | 39  |
|         | 99       | 02:08:54 | 2313   | Kelsey      | Gilpen             | Open         | Female | 30  |
|         | 100      | 02:08:58 | 2306   | Chart       | de Kock            | Veteran      | Male   | 41  |
|         | 101      | 02:10:53 | 3085   | Sam         | Bell               | Veteran      | Female | 47  |
|         | 102      | 02:12:52 | 2073   | Emuel       | Lombaard           | Open         | Male   | 28  |
|         | 103      | 02:12:59 | 2101   | Anneray     | Richards           | Open         | Female | 24  |
|         | 104      | 02:30:34 | 4067   | Elaine      | Van der Westhuizen | Veteran      | Female | 43  |
|         | 105      | 02:33:41 | 3098   | Petro       | Miller             | Master       | Female | 54  |
|         | 106      | 02:33:43 | 3011   | Jackie      | Goosen             | Master       | Female | 58  |
|         | 107      | 02:56:51 | 2047   | Alastair    | Hops               | Veteran      | Male   | 48  |

**Open Male**

| Position | Time     | Race # | Name        | Surname       | Category | Sex  | Age |
|----------|----------|--------|-------------|---------------|----------|------|-----|
| 1        | 00:53:51 | 56     | Eduan       | Burger        | Open     | Male | 28  |
| 2        | 00:58:16 | 67     | Richard     | Wojan         | Open     | Male | 28  |
| 3        | 01:00:05 | 3094   | Jacob       | Kirchner      | Open     | Male | 36  |
| 4        | 01:06:10 | 1215   | Darlan-Lee  | Wallace       | Open     | Male | 32  |
| 5        | 01:08:59 | 19     | Chart       | Mattechnie    | Open     | Male | 22  |
| 6        | 01:11:39 | 1041   | Chart       | Jooste        | Open     | Male | 35  |
| 7        | 01:13:01 | 41     | Harry       | Banda         | Open     | Male | 31  |
| 8        | 01:14:21 | 1209   | Christopher | Meier         | Open     | Male | 28  |
| 9        | 01:17:25 | 1157   | Johan       | van der Merwe | Open     | Male | 33  |
| 10       | 01:18:15 | 1204   | Tlan        | Bester        | Open     | Male | 29  |
| 11       | 01:19:53 | 1078   | Brendon     | Solik         | Open     | Male | 31  |
| 12       | 01:20:34 | 2307   | Riaan       | de Witt       | Open     | Male | 34  |
| 13       | 01:20:54 | 2322   | Leonard     | Krujer        | Open     | Male | 38  |
| 14       | 01:21:50 | 2133   | Jeremy      | West          | Open     | Male | 38  |
| 15       | 01:22:01 | 2336   | Petrus      | Strydom       | Open     | Male | 38  |
| 16       | 01:22:11 | 2332   | Corne       | Potgieter     | Open     | Male | 35  |
| 17       | 01:22:43 | 2090   | Tawanda     | Mushore       | Open     | Male | 36  |
| 18       | 01:25:55 | 2314   | Warren      | Granat-Mulder | Open     | Male | 33  |
| 19       | 01:28:05 | 3095   | Andre-Ross  | Louw          | Open     | Male | 35  |
| 20       | 01:29:15 | 1096   | Tw          | van Zyl       | Open     | Male | 33  |
| 21       | 01:29:36 | 2334   | Casper      | Schmidt       | Open     | Male | 35  |
| 22       | 01:32:07 | 2335   | Murray      | Strickland    | Open     | Male | 27  |
| 23       | 01:42:33 | 1211   | Andrew      | Partridge     | Open     | Male | 35  |
| 24       | 01:47:43 | 2274   | Amie        | Botes         | Open     | Male | 30  |
| 25       | 01:47:59 | 3093   | Josh        | Kennedy       | Open     | Male | 33  |
| 26       | 01:51:24 | 3084   | Marc        | Beitrowski    | Open     | Male | 39  |
| 27       | 02:12:52 | 2073   | Emuet       | Lombaard      | Open     | Male | 28  |

**Open Female**

| Position | Time     | Race # | Name      | Surname     | Category | Sex    | Age |
|----------|----------|--------|-----------|-------------|----------|--------|-----|
| 1        | 01:17:29 | 1210   | Amanda    | Moore       | Open     | Female | 39  |
| 2        | 01:21:20 | 2091   | Datsy     | Myburgh     | Open     | Female | 30  |
| 3        | 01:23:40 | 2100   | Elmarie   | Randewijk   | Open     | Female | 36  |
| 4        | 01:26:34 | 2325   | Christa   | Le Roux     | Open     | Female | 37  |
| 5        | 01:29:09 | 1159   | Lilize    | Van Zyl     | Open     | Female | 31  |
| 6        | 01:30:41 | 2285   | Lisa      | Labuschagne | Open     | Female | 37  |
| 7        | 01:32:05 | 2324   | Alexandra | Laros       | Open     | Female | 26  |
| 8        | 01:33:45 | 3102   | Mateasha  | Steinberg   | Open     | Female | 38  |
| 9        | 01:33:50 | 2340   | Renata    | Van Wyk     | Open     | Female | 38  |
| 10       | 01:33:52 | 1127   | Lirina    | Bredell     | Open     | Female | 39  |
| 11       | 01:35:50 | 2319   | Lietz     | Jooste      | Open     | Female | 36  |
| 12       | 01:37:08 | 2011   | Lauren    | Bosman      | Open     | Female | 33  |
| 13       | 01:39:56 | 1213   | Laetitia  | Sardjono    | Open     | Female | 39  |
| 14       | 01:39:57 | 2343   | Candace   | Vermaak     | Open     | Female | 35  |
| 15       | 01:49:07 | 3097   | Naomi     | Louw        | Open     | Female | 39  |
| 16       | 01:50:01 | 2342   | Zonika    | Venter      | Open     | Female | 29  |
| 17       | 01:52:25 | 3099   | Kirsten   | Peasey      | Open     | Female | 31  |
| 18       | 01:55:03 | 3091   | Lize      | Hofmeyr     | Open     | Female | 32  |
| 19       | 01:55:10 | 3096   | Jorinda   | Louw        | Open     | Female | 33  |
| 20       | 02:00:47 | 2331   | Romy      | Moll        | Open     | Female | 37  |
| 21       | 02:07:24 | 3003   | Colleen   | Cross       | Open     | Female | 39  |
| 22       | 02:08:54 | 2313   | Kelsey    | Gilpen      | Open     | Female | 30  |
| 23       | 02:12:59 | 2101   | Anneray   | Richards    | Open     | Female | 24  |

**Veteran Male**

| Position | Time     | Race # | Name     | Surname      | Category | Sex  | Age |
|----------|----------|--------|----------|--------------|----------|------|-----|
| 1        | 01:11:05 | 2328   | Carlos   | Mateos duran | Veteran  | Male | 40  |
| 2        | 01:14:26 | 2318   | Grant    | Jansen       | Veteran  | Male | 49  |
| 3        | 01:25:40 | 2338   | Ben      | Theron       | Veteran  | Male | 43  |
| 4        | 01:33:18 | 2315   | Vernon   | Hendricks    | Veteran  | Male | 40  |
| 5        | 01:33:56 | 8205   | Tienie   | Bredell      | Veteran  | Male | 46  |
| 6        | 01:39:13 | 2309   | Paul     | Diedericks   | Veteran  | Male | 49  |
| 7        | 01:45:23 | 2308   | Khalid   | Dhansay      | Veteran  | Male | 45  |
| 8        | 01:47:35 | 2333   | Keith    | Saunders     | Veteran  | Male | 47  |
| 9        | 01:50:46 | 1208   | Aashiq   | Knipe        | Veteran  | Male | 46  |
| 10       | 01:51:21 | 3089   | Terence  | Drake        | Veteran  | Male | 43  |
| 11       | 01:54:05 | 2312   | Dion     | Engelby      | Veteran  | Male | 48  |
| 12       | 02:00:50 | 2330   | Drew     | Moll         | Veteran  | Male | 40  |
| 13       | 02:08:58 | 2306   | Chart    | de Kock      | Veteran  | Male | 41  |
| 14       | 02:56:51 | 2047   | Alastair | Hops         | Veteran  | Male | 48  |

**Veteran Female**

| Position | Time     | Race # | Name     | Surname            | Category | Sex    | Age |
|----------|----------|--------|----------|--------------------|----------|--------|-----|
| 1        | 01:03:48 | 46     | Katya    | Soogot             | Veteran  | Female | 45  |
| 2        | 01:16:39 | 1207   | Pauline  | Herrmann-Keys      | Veteran  | Female | 47  |
| 3        | 01:24:52 | 2321   | Syndi    | Kahn               | Veteran  | Female | 46  |
| 4        | 01:27:40 | 2327   | Candace  | Marshall-Smith     | Veteran  | Female | 43  |
| 5        | 01:33:22 | 29     | Beverley | Smyth              | Veteran  | Female | 47  |
| 6        | 01:39:54 | 2305   | Nicola   | de Jager           | Veteran  | Female | 44  |
| 7        | 01:46:04 | 3083   | Nicola   | Allen              | Veteran  | Female | 46  |
| 8        | 01:47:32 | 2339   | Elize    | van Staden         | Veteran  | Female | 44  |
| 9        | 01:50:08 | 2326   | Zenika   | Maltman            | Veteran  | Female | 44  |
| 10       | 01:50:37 | 1212   | Tasneem  | Salie-knipe        | Veteran  | Female | 42  |
| 11       | 01:51:03 | 3101   | Lisa     | Schmidt            | Veteran  | Female | 43  |
| 12       | 01:51:21 | 3103   | Coret    | Stevyn             | Veteran  | Female | 46  |
| 13       | 01:51:26 | 8468   | Kim      | Kallis             | Veteran  | Female | 43  |
| 14       | 01:53:00 | 2310   | Tasneem  | Du Toit-Bardien    | Veteran  | Female | 42  |
| 15       | 02:10:53 | 3085   | Sam      | Bell               | Veteran  | Female | 47  |
| 16       | 02:30:34 | 4067   | Elaine   | Van der Westhuizen | Veteran  | Female | 43  |

**Master Male**

| Position | Time     | Race # | Name   | Surname  | Category | Sex  | Age |
|----------|----------|--------|--------|----------|----------|------|-----|
| 1        | 01:05:51 | 16     | Neil   | Hermann  | Master   | Male | 61  |
| 2        | 01:08:24 | 2031   | Don    | Duffield | Master   | Male | 52  |
| 3        | 01:10:44 | 1203   | Andy   | Atkins   | Master   | Male | 53  |
| 4        | 01:34:02 | 3108   | Wouter | Klapwijk | Master   | Male | 51  |
| 5        | 01:46:04 | 2344   | Pete   | Wood     | Master   | Male | 51  |
| 6        | 01:57:59 | 69     | Ajay   | Venter   | Master   | Male | 55  |
| 7        | 02:01:40 | 2078   | Dirk   | Lubbe    | Master   | Male | 50  |
| 8        | 02:05:45 | 2329   | Adnaan | Mohamed  | Master   | Male | 53  |

**Master Female**

| Position | Time     | Race # | Name     | Surname | Category | Sex    | Age |
|----------|----------|--------|----------|---------|----------|--------|-----|
| 1        | 01:23:05 | 40     | Trish    | Lane    | Master   | Female | 56  |
| 2        | 01:25:05 | 2317   | Penny    | Ingram  | Master   | Female | 65  |
| 3        | 01:33:41 | 3086   | Titia    | Blake   | Master   | Female | 63  |
| 4        | 01:39:53 | 1202   | Nicky    | Andrews | Master   | Female | 62  |
| 5        | 01:39:55 | 3045   | Conny    | Krauss  | Master   | Female | 55  |
| 6        | 01:46:01 | 3104   | Heather  | Wood    | Master   | Female | 50  |
| 7        | 01:52:32 | 3100   | Sonja    | Peasey  | Master   | Female | 54  |
| 8        | 01:52:53 | 2311   | Rugaya   | Edwards | Master   | Female | 56  |
| 9        | 01:57:57 | 2341   | Charlene | Venter  | Master   | Female | 51  |
| 10       | 02:01:37 | 3014   | Izabel   | Lubbe   | Master   | Female | 50  |
| 11       | 02:07:09 | 2323   | Kim      | Lamb    | Master   | Female | 55  |
| 12       | 02:33:41 | 3098   | Petro    | Miller  | Master   | Female | 54  |
| 13       | 02:33:43 | 3011   | Jackie   | Goosen  | Master   | Female | 58  |

**Grand Master Male**

| Position | Time     | Race # | Name     | Surname     | Category     | Sex  | Age |
|----------|----------|--------|----------|-------------|--------------|------|-----|
| 1        | 01:23:58 | 2254   | Desmond  | Labuschagne | Grand Master | Male | 63  |
| 2        | 01:27:38 | 2304   | Errol    | Cunnama     | Grand Master | Male | 65  |
| 3        | 01:27:44 | 2095   | Dick     | Oliemans    | Grand Master | Male | 61  |
| 4        | 01:32:18 | 2122   | Sam      | Troost      | Grand Master | Male | 63  |
| 5        | 01:52:58 | 2302   | Sulalman | Bassier     | Grand Master | Male | 64  |
| 6        | 01:53:18 | 1088   | Johann   | Theron      | Grand Master | Male | 62  |



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Overall

| Position | Time     | Race # | Name          | Surname          | Category     | Sex    | Age |
|----------|----------|--------|---------------|------------------|--------------|--------|-----|
| 1        | 00:29:25 | 4045   | Caitlin       | Snethlage        | Open         | Female | 27  |
| 2        | 00:29:34 | 5093   | Safwaan       | Lewis            | Veteran      | Male   | 42  |
| 3        | 00:32:07 | 5025   | Christo       | Joubert          | Open         | Male   | 19  |
| 4        | 00:32:15 | 4025   | Christo       | Van der Berg     | Veteran      | Male   | 47  |
| 5        | 00:32:42 | 5064   | Birgit        | Van Niekerk      | Veteran      | Female | 40  |
| 6        | 00:32:48 | 5149   | Shaundre      | Jacobs           | Open         | Female | 32  |
| 7        | 00:33:04 | 5153   | Daniel        | Nel              | Master       | Male   | 51  |
| 8        | 00:33:23 | 4063   | Thomas        | Pienaar          | Open         | Male   | 11  |
| 9        | 00:33:31 | 4062   | Braam         | Pienaar          | Open         | Male   | 12  |
| 10       | 00:33:39 | 4056   | Nic           | Cardenas         | Open         | Male   | 33  |
| 11       | 00:33:51 | 5151   | Kel           | Lalor            | Junior       | Male   | 15  |
| 12       | 00:34:08 | 5073   | Roddah        | Orrie            | Master       | Female | 56  |
| 13       | 00:34:41 | 4060   | Finn          | Lalor            | Open         | Male   | 9   |
| 14       | 00:34:42 | 4016   | Brett         | Maeyer           | Open         | Male   | 27  |
| 15       | 00:34:51 | 4065   | Ian           | Visagie          | Veteran      | Male   | 48  |
| 16       | 00:35:25 | 4061   | Miya          | Lalor            | Open         | Female | 11  |
| 17       | 00:36:08 | 5072   | Ashrah        | Orrie            | Master       | Male   | 51  |
| 18       | 00:36:49 | 5154   | Carel Regardt | Nelson           | Veteran      | Male   | 40  |
| 19       | 00:36:52 | 5012   | Lauren        | Denny            | Open         | Female | 24  |
| 20       | 00:37:05 | 5156   | Abdul         | Rawoot           | Veteran      | Male   | 45  |
| 21       | 00:38:11 | 4034   | Chantal       | Pieters          | Master       | Female | 0   |
| 22       | 00:39:33 | 5148   | Jacques       | du Preez         | Open         | Male   | 39  |
| 23       | 00:39:39 | 5152   | Kira          | Lalor            | Minimee      | Female | 13  |
| 24       | 00:39:46 | 4069   | Bridgid       | Hamilton Russell | Master       | Female | 60  |
| 25       | 00:39:52 | 7205   | Linda         | Du Bruyn         | Master       | Female | 56  |
| 26       | 00:40:06 | 4031   | Lestle        | Chivell          | Grand Master | Male   | 65  |
| 27       | 00:40:13 | 7206   | Terrilus      | Du Bruyn         | Grand Master | Male   | 61  |
| 28       | 00:40:19 | 4066   | Alfred        | Temmers          | Master       | Male   | 51  |
| 29       | 00:40:29 | 6315   | Sebastian     | Pienaar          | Minimee      | Male   | 11  |
| 30       | 00:40:59 | 5038   | Chris         | Maeyer           | Grand Master | Male   | 64  |
| 31       | 00:41:23 | 6244   | Gillian       | Stofberg         | Veteran      | Female | 49  |
| 32       | 00:41:30 | 4072   | Ant           | Smyth            | Master       | Male   | 50  |
| 33       | 00:41:59 | 7230   | Kirstin       | Sham             | Open         | Female | 28  |
| 34       | 00:42:05 | 6317   | Monique       | Sham             | Open         | Female | 36  |
| 35       | 00:42:06 | 6166   | Ilse          | Zwiegers         | Open         | Female | 41  |
| 36       | 00:42:06 | 3032   | Chelsea       | Aspelling        | Open         | Female | 25  |
| 37       | 00:42:42 | 6161   | Warrington    | Warrington       | Master       | Male   | 56  |
| 38       | 00:42:46 | 6308   | Lisa          | DuPlessis        | Veteran      | Female | 49  |
| 39       | 00:43:28 | 6096   | Charl         | Marais           | Grand Master | Male   | 68  |
| 40       | 00:43:59 | 5056   | Stefan        | Roodt            | Master       | Male   | 55  |
| 41       | 00:44:04 | 7227   | Robyn         | Verrinder        | Open         | Female | 39  |
| 42       | 00:44:06 | 5155   | Gregory       | Phillips         | Veteran      | Male   | 46  |
| 43       | 00:44:07 | 7202   | Roanna        | Bernatzeder      | Open         | Female | 37  |
| 44       | 00:44:14 | 6079   | Getruida      | Jospe            | Grand Master | Female | 66  |
| 45       | 00:44:55 | 6306   | Hilton        | Carry            | Master       | Male   | 53  |
| 46       | 00:44:58 | 6051   | Melanie       | Franke-Quit      | Open         | Female | 37  |
| 47       | 00:45:03 | 5100   | Terry         | Pheffer          | Master       | Female | 54  |
| 48       | 00:45:04 | 6307   | Megan         | Denny            | Open         | Female | 23  |
| 49       | 00:45:05 | 5079   | Debra         | Choice           | Master       | Female | 53  |
| 50       | 00:45:08 | 5076   | Brigit        | Higgo            | Open         | Female | 39  |
| 51       | 00:45:13 | 6097   | Shelley       | Marais           | Grand Master | Female | 63  |
| 52       | 00:45:13 | 6242   | Jessica       | Stanton          | Open         | Female | 49  |
| 53       | 00:45:21 | 6314   | Wian          | Nel              | Open         | Male   | 20  |
| 54       | 00:46:28 | 6298   | Kathryn       | Burke            | Open         | Female | 37  |
| 55       | 00:47:25 | 6149   | Kathie        | Troost           | Grand Master | Female | 61  |
| 56       | 00:47:36 | 6203   | Hester        | Bester           | Master       | Female | 53  |
| 57       | 00:47:40 | 6031   | Leandra       | de Bruyn         | Open         | Female | 24  |
| 58       | 00:48:26 | 6310   | Thaabit       | Fataar           | Open         | Male   | 37  |
| 59       | 00:48:29 | 6309   | Nuraan        | Fataar           | Open         | Female | 34  |
| 60       | 00:48:57 | 6124   | Micaela       | Pym              | Open         | Female | 28  |
| 61       | 00:49:02 | 6175   | Adrian        | Punt             | Open         | Male   | 38  |
| 62       | 00:49:11 | 6301   | Ian           | Aspelling        | Grand Master | Male   | 61  |
| 63       | 00:49:13 | 6316   | Karen         | Robertson        | Veteran      | Female | 43  |
| 64       | 00:49:45 | 6080   | Sandra        | Joubert          | Veteran      | Female | 47  |
| 65       | 00:49:57 | 7216   | Lindsey       | McCormick        | Veteran      | Female | 40  |
| 66       | 00:50:00 | 7219   | Nichola       | Pawley           | Veteran      | Female | 43  |
| 67       | 00:50:30 | 6020   | Claudia       | Chamberlain      | Open         | Female | 38  |
| 68       | 00:51:18 | 6021   | Mark          | Chamberlain      | Master       | Male   | 54  |
| 69       | 00:51:19 | 4071   | Minette       | Kallis           | Open         | Female | 39  |
| 70       | 00:51:27 | 5150   | Samantha      | Kallis           | Preewee      | Female | 9   |
| 71       | 00:52:12 | 7229   | Caroline      | Brown            | Open         | Female | 29  |
| 72       | 00:52:16 | 6303   | Julia         | Brown            | Open         | Female | 26  |
| 73       | 00:52:19 | 4068   | Helen         | Macdonald        | Master       | Female | 51  |
| 74       | 00:52:33 | 6302   | Michael       | Botha            | Open         | Male   | 21  |
| 75       | 00:52:43 | 6318   | Emma          | Stofberg         | Open         | Female | 21  |
| 76       | 00:52:55 | 7209   | Rainette      | Greyling         | Open         | Female | 27  |
| 77       | 00:53:21 | 7225   | Nicola        | van Eden         | Open         | Female | 37  |
| 78       | 00:53:25 | 7203   | Rhode         | de Wiet          | Open         | Female | 27  |
| 79       | 00:56:13 | 7214   | Ingrid        | Lynch            | Open         | Female | 37  |
| 80       | 00:56:29 | 6321   | Kelly         | Van Zyl          | Veteran      | Female | 44  |
| 81       | 00:56:33 | 6319   | Alessandra    | Strydom          | Master       | Female | 56  |
| 82       | 00:57:01 | 7210   | Therese       | Greyling         | Open         | Female | 38  |
| 83       | 00:57:50 | 6153   | Hetta         | Van der Berg     | Veteran      | Female | 47  |
| 84       | 00:59:13 | 4070   | Roan          | Dearham          | Open         | Male   | 29  |
| 85       | 00:59:19 | 6095   | Ian           | Maling           | Grand Master | Male   | 61  |
| 86       | 00:59:19 | 7222   | Cara          | Ruthven          | Open         | Female | 32  |
| 87       | 00:59:26 | 7208   | Shannon       | Fletcher         | Veteran      | Female | 49  |
| 88       | 00:59:31 | 7207   | Mark          | Fletcher         | Veteran      | Male   | 43  |
| 89       | 01:01:26 | 7031   | Michael       | Goosen           | Grand Master | Male   | 62  |
| 90       | 01:01:51 | 7220   | Yolande       | Phillips         | Veteran      | Female | 48  |
| 91       | 01:01:57 | 8469   | Lindsey       | Orr              | Master       | Female | 72  |
| 92       | 01:02:01 | 5055   | Claire        | Roodt            | Veteran      | Female | 46  |
| 93       | 01:03:06 | 7211   | Sheri         | Ingram           | Open         | Female | 32  |
| 94       | 01:04:21 | 6313   | Willeim       | Krog             | Open         | Male   | 15  |
| 95       | 01:04:26 | 6007   | Tracy         | Berry            | Veteran      | Female | 47  |
| 96       | 01:04:29 | 6239   | Caroline      | Rossouw          | Veteran      | Female | 49  |
| 97       | 01:04:30 | 7218   | Celeste       | Nel              | Open         | Female | 18  |
| 98       | 01:05:10 | 7221   | Marlene       | Pienaar          | Master       | Female | 51  |
| 99       | 01:05:43 | 6312   | Madelein      | Krog             | Open         | Female | 54  |
| 100      | 01:05:48 | 7217   | Alta          | Nel              | Master       | Female | 54  |
| 101      | 01:17:10 | 7024   | Catharina     | Farmer           | Open         | Female | 37  |
| 102      | 01:25:06 | 7000   | Ernestine     | Adams            | Open         | Female | 35  |
| 103      | 01:25:09 | 7004   | Sharnelle     | Anthony          | Open         | Female | 25  |
| 104      | 01:26:00 | 6074   | Cas           | Hulsbosch        | Open         | Male   | 38  |
| 105      | 01:30:04 | 7114   | Melanie       | Britz            | Veteran      | Female | 43  |

Open Male

| Position | Time     | Race # | Name    | Surname   | Category | Sex  | Age |
|----------|----------|--------|---------|-----------|----------|------|-----|
| 1        | 00:32:07 | 5025   | Christo | Joubert   | Open     | Male | 19  |
| 2        | 00:33:23 | 4063   | Thomas  | Pienaar   | Open     | Male | 11  |
| 3        | 00:33:31 | 4062   | Braam   | Pienaar   | Open     | Male | 12  |
| 4        | 00:33:39 | 4056   | Nic     | Cardenas  | Open     | Male | 33  |
| 5        | 00:34:41 | 4060   | Finn    | Lalor     | Open     | Male | 9   |
| 6        | 00:34:42 | 4016   | Brett   | Maeyer    | Open     | Male | 27  |
| 7        | 00:39:33 | 5148   | Jacques | du Preez  | Open     | Male | 39  |
| 8        | 00:45:21 | 6314   | Wian    | Nel       | Open     | Male | 20  |
| 9        | 00:48:26 | 6310   | Thaabit | Fataar    | Open     | Male | 37  |
| 10       | 00:49:02 | 6175   | Adrian  | Punt      | Open     | Male | 38  |
| 11       | 00:52:33 | 6302   | Michael | Botha     | Open     | Male | 21  |
| 12       | 00:59:13 | 4070   | Roan    | Dearham   | Open     | Male | 29  |
| 13       | 01:04:21 | 6313   | Willeim | Krog      | Open     | Male | 15  |
| 14       | 01:26:00 | 6074   | Cas     | Hulsbosch | Open     | Male | 38  |

Open Female

| Position | Time     | Race # | Name     | Surname   | Category | Sex    | Age |
|----------|----------|--------|----------|-----------|----------|--------|-----|
| 1        | 00:29:25 | 4045   | Caitlin  | Snethlage | Open     | Female | 27  |
| 2        | 00:32:48 | 5149   | Shaundre | Jacobs    | Open     | Female | 32  |
| 3        | 00:35:25 | 4061   | Miya     | Lalor     | Open     | Female | 11  |

|    |          |      |           |             |      |        |    |
|----|----------|------|-----------|-------------|------|--------|----|
| 4  | 00:36:52 | 5012 | Lauren    | Denny       | Open | Female | 24 |
| 5  | 00:41:59 | 7230 | Kirstin   | Sham        | Open | Female | 28 |
| 6  | 00:42:05 | 6317 | Monique   | Sham        | Open | Female | 36 |
| 7  | 00:42:06 | 3032 | Chelsea   | Aspeling    | Open | Female | 25 |
| 8  | 00:44:04 | 7227 | Robyn     | Verrinder   | Open | Female | 39 |
| 9  | 00:44:07 | 7202 | Roanna    | Bernatzeder | Open | Female | 37 |
| 10 | 00:44:58 | 6051 | Melanie   | Franke-Quit | Open | Female | 37 |
| 11 | 00:45:04 | 6307 | Megan     | Denny       | Open | Female | 23 |
| 12 | 00:45:08 | 5076 | Brigit    | Higgo       | Open | Female | 39 |
| 13 | 00:45:13 | 6242 | Jessica   | Stanton     | Open | Female | 49 |
| 14 | 00:46:28 | 6298 | Kathryn   | Burke       | Open | Female | 37 |
| 15 | 00:47:40 | 6031 | Leandra   | de Bruyn    | Open | Female | 24 |
| 16 | 00:48:29 | 6309 | Nuraan    | Fataar      | Open | Female | 34 |
| 17 | 00:48:57 | 6124 | Micaela   | Pala        | Open | Female | 28 |
| 18 | 00:50:30 | 6020 | Claudia   | Chamberlain | Open | Female | 38 |
| 19 | 00:51:19 | 4071 | Minette   | Kallis      | Open | Female | 39 |
| 20 | 00:52:12 | 7229 | Caroline  | Brown       | Open | Female | 29 |
| 21 | 00:52:16 | 6303 | Julia     | Brown       | Open | Female | 26 |
| 22 | 00:52:43 | 6318 | Emma      | Stofberg    | Open | Female | 21 |
| 23 | 00:52:55 | 7209 | Rainette  | Greyling    | Open | Female | 37 |
| 24 | 00:53:21 | 7225 | Nicola    | van Eeden   | Open | Female | 27 |
| 25 | 00:53:25 | 7203 | Rhode     | de Wet      | Open | Female | 27 |
| 26 | 00:56:13 | 7214 | Ingrid    | Lynch       | Open | Female | 37 |
| 27 | 00:57:01 | 7210 | Therese   | Greyling    | Open | Female | 38 |
| 28 | 00:59:19 | 7222 | Cara      | Ruthven     | Open | Female | 32 |
| 29 | 01:03:06 | 7211 | Sheri     | Ingram      | Open | Female | 32 |
| 30 | 01:04:30 | 7218 | Celeste   | Nel         | Open | Female | 18 |
| 31 | 01:05:43 | 6312 | Madelein  | Krog        | Open | Female | 54 |
| 32 | 01:17:10 | 7024 | Catharina | Farmer      | Open | Female | 37 |
| 33 | 01:25:06 | 7000 | Ernestine | Adams       | Open | Female | 35 |
| 34 | 01:25:09 | 7004 | Shannelle | Anthony     | Open | Female | 25 |

#### Veteran Male

| Position | Time     | Race # | Name          | Surname      | Category | Sex  | Age |
|----------|----------|--------|---------------|--------------|----------|------|-----|
| 1        | 00:29:34 | 5093   | Safwaan       | Lewis        | Veteran  | Male | 42  |
| 2        | 00:32:15 | 4025   | Christo       | Van der Berg | Veteran  | Male | 47  |
| 3        | 00:34:51 | 4065   | Ian           | Visagie      | Veteran  | Male | 48  |
| 4        | 00:36:49 | 5154   | Carel Regardt | Nelson       | Veteran  | Male | 40  |
| 5        | 00:37:05 | 5156   | Abdul         | Rabooit      | Veteran  | Male | 45  |
| 6        | 00:44:06 | 5155   | Gregory       | Phillips     | Veteran  | Male | 46  |
| 7        | 00:59:31 | 7207   | Mark          | Fletcher     | Veteran  | Male | 43  |

#### Veteran Female

| Position | Time     | Race # | Name     | Surname      | Category | Sex    | Age |
|----------|----------|--------|----------|--------------|----------|--------|-----|
| 1        | 00:32:42 | 5064   | Birgit   | Van Niekerk  | Veteran  | Female | 40  |
| 2        | 00:41:23 | 6244   | Gillian  | Stofberg     | Veteran  | Female | 49  |
| 3        | 00:42:06 | 6166   | Ilse     | Zwieggers    | Veteran  | Female | 41  |
| 4        | 00:42:46 | 6308   | Lisa     | DuPlessis    | Veteran  | Female | 49  |
| 5        | 00:49:13 | 6316   | Karen    | Robertson    | Veteran  | Female | 43  |
| 6        | 00:49:45 | 6080   | Sandra   | Joubert      | Veteran  | Female | 47  |
| 7        | 00:49:57 | 7216   | Lindsey  | McCormick    | Veteran  | Female | 40  |
| 8        | 00:50:00 | 7219   | Nichola  | Pawley       | Veteran  | Female | 43  |
| 9        | 00:56:29 | 6321   | Kelly    | Van Zyl      | Veteran  | Female | 44  |
| 10       | 00:57:50 | 6153   | Hetta    | Van der Berg | Veteran  | Female | 47  |
| 11       | 00:59:26 | 7208   | Shannon  | Fletcher     | Veteran  | Female | 49  |
| 12       | 01:01:51 | 7220   | Yolande  | Phillips     | Veteran  | Female | 48  |
| 13       | 01:02:01 | 5055   | Claire   | Roodt        | Veteran  | Female | 46  |
| 14       | 01:04:26 | 6007   | Tracy    | Berry        | Veteran  | Female | 47  |
| 15       | 01:04:29 | 6239   | Caroline | Rossouw      | Veteran  | Female | 49  |
| 16       | 01:30:04 | 7114   | Melanie  | Britz        | Veteran  | Female | 43  |

#### Master Male

| Position | Time     | Race # | Name   | Surname     | Category | Sex  | Age |
|----------|----------|--------|--------|-------------|----------|------|-----|
| 1        | 00:33:04 | 5153   | Daniel | Nel         | Master   | Male | 51  |
| 2        | 00:36:08 | 5072   | Ashrah | Orrie       | Master   | Male | 51  |
| 3        | 00:40:19 | 4066   | Alfred | Temmers     | Master   | Male | 51  |
| 4        | 00:41:30 | 4072   | Jens   | Smyth       | Master   | Male | 50  |
| 5        | 00:42:42 | 6161   | Hilton | Warrington  | Master   | Male | 56  |
| 6        | 00:43:59 | 5056   | Stefan | Roodt       | Master   | Male | 55  |
| 7        | 00:44:55 | 6306   | Hilton | Carty       | Master   | Male | 53  |
| 8        | 00:51:18 | 6021   | Mark   | Chamberlain | Master   | Male | 54  |

#### Master Female

| Position | Time     | Race # | Name       | Surname   | Category | Sex    | Age |
|----------|----------|--------|------------|-----------|----------|--------|-----|
| 1        | 00:34:08 | 5073   | Roldah     | Orrie     | Master   | Female | 53  |
| 2        | 00:38:11 | 4034   | Chantal    | Pieters   | Master   | Female | 0   |
| 3        | 00:39:52 | 7205   | Linda      | Du Bruyn  | Master   | Female | 56  |
| 4        | 00:42:42 | 5100   | Terry      | Phieffer  | Master   | Female | 54  |
| 5        | 00:45:05 | 5079   | Debra      | Choice    | Master   | Female | 53  |
| 6        | 00:47:36 | 6203   | Hester     | Bester    | Master   | Female | 53  |
| 7        | 00:52:19 | 4068   | Helen      | Macdonald | Master   | Female | 51  |
| 8        | 00:56:33 | 6319   | Alessandra | Strydom   | Master   | Female | 56  |
| 9        | 01:05:10 | 7221   | Marlene    | Pienaar   | Master   | Female | 51  |
| 10       | 01:05:48 | 7217   | Alta       | Nel       | Master   | Female | 54  |

#### Grand Master Male

| Position | Time     | Race # | Name    | Surname  | Category     | Sex  | Age |
|----------|----------|--------|---------|----------|--------------|------|-----|
| 1        | 00:40:06 | 4031   | Leslie  | Chivell  | Grand Master | Male | 65  |
| 2        | 00:40:13 | 7206   | Tertius | Du Bruyn | Grand Master | Male | 61  |
| 3        | 00:40:59 | 5038   | Chris   | Maeyer   | Grand Master | Male | 64  |
| 4        | 00:43:28 | 6096   | Chart   | Marais   | Grand Master | Male | 68  |
| 5        | 00:49:11 | 6301   | Ian     | Aspeling | Grand Master | Male | 61  |
| 6        | 00:59:19 | 6095   | Ian     | Maling   | Grand Master | Male | 61  |
| 7        | 01:01:26 | 7031   | Michael | Goosen   | Grand Master | Male | 62  |

#### Grand Master Female

| Position | Time     | Race # | Name      | Surname          | Category | Sex    | Age |
|----------|----------|--------|-----------|------------------|----------|--------|-----|
| 1        | 00:39:46 | 4069   | Bridgid   | Hamilton Russell | Master   | Female | 60  |
| 2        | 00:44:16 | 6079   | Gertruida | Jooste           | Master   | Female | 66  |
| 3        | 00:45:13 | 6097   | Shelley   | Marais           | Master   | Female | 63  |
| 4        | 00:47:25 | 6149   | Kathie    | Troost           | Master   | Female | 61  |
| 5        | 01:01:57 | 8469   | Lindsey   | Orr              | Master   | Female | 72  |

#### Junior

| Position | Time     | Race # | Name | Surname | Category | Sex  | Age |
|----------|----------|--------|------|---------|----------|------|-----|
| 1        | 00:33:51 | 5151   | Kei  | Lalor   | Junior   | Male | 15  |

#### Minimee

| Position | Time     | Race # | Name      | Surname | Category | Sex    | Age |
|----------|----------|--------|-----------|---------|----------|--------|-----|
| 1        | 00:39:39 | 5152   | Kira      | Lalor   | Minimee  | Female | 13  |
| 2        | 00:40:29 | 6315   | Sebastian | Pienaar | Minimee  | Male   | 11  |

#### Peewee

| Position | Time     | Race # | Name     | Surname | Category | Sex    | Age |
|----------|----------|--------|----------|---------|----------|--------|-----|
| 1        | 00:51:27 | 5150   | Samantha | Kallis  | Peewee   | Female | 9   |